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TRANSMITTAL FORM

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Total Number of Pages in This Submission

| | | |
|--|----------------------|------------------------|
| | Application Number | 10/625,019 |
| | Filing Date | July 23, 2003 |
| | First Named Inventor | Paul R. GARY |
| | Art Unit | 3764 |
| | Examiner Name | Lori Baker AMERSON |
| Total Number of Pages in This Submission | 7 | Attorney Docket Number |
| | | WOG 8339.0001 |

ENCLOSURES (Check all that apply)

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| | Remarks | |

SIGNATURE OF APPLICANT, ATTORNEY, OR AGENT

| | | | |
|--------------|--|----------|--------|
| Firm Name | Chernoff, Vilhauer, McClung & Stenzel, LLP | | |
| Signature | | | |
| Printed name | William O. Geny | | |
| Date | October 12, 2005 | Reg. No. | 27,444 |

CERTIFICATE OF TRANSMISSION/MAILING

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This collection of information is required by 37 CFR 1.5. The information is required to obtain or retain a benefit by the public which is to file (and by the USPTO to process) an application. Confidentiality is governed by 35 U.S.C. 122 and 37 CFR 1.11 and 1.14. This collection is estimated to 2 hours to complete, including gathering, preparing, and submitting the completed application form to the USPTO. Time will vary depending upon the individual case. Any comments on the amount of time you require to complete this form and/or suggestions for reducing this burden, should be sent to the Chief Information Officer, U.S. Patent and Trademark Office, U.S. Department of Commerce, P.O. Box 1450, Alexandria, VA 22313-1450. DO NOT SEND FEES OR COMPLETED FORMS TO THIS ADDRESS. SEND TO: Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450.

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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
PATENT APPLICATION EXAMINING OPERATIONS

| | | | |
|------------|---------------------------|-------------------|--------------------|
| Appl. No.: | 10/625,019 | Confirmation No.: | 8421 |
| Applicant: | Paul R. GARY | TC/A.U.: | 3764 |
| Filed: | July 23, 2003 | Examiner | Lori Baker AMERSON |
| Title: | ABDOMINAL EXERCISE DEVICE | Docket No. | WOG 8339.0001 |

AMENDMENT

1600 ODS Tower
601 S.W. Second Avenue
Portland, OR 97204

October 12, 2005

Mail Stop Amendments
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Dear Sir:

In response to the Office Action of July 26, 2005, please amend the above-identified application as follows.

Amendments to the Claims are reflected in the listing of claims that begins on page 2 of this paper.

Remarks begin on page 5 of this paper.